

### SPECIFICATION, TITLE, AND/OR ABSTRACT AMENDMENTS

Please amend the text of the application by entering the new or replacement paragraph(s) or section(s), or by canceling paragraph(s), as follows. In any replacement paragraph, added text is underlined and deleted text is ~~stricken through~~ or [[double bracketed]], relative to the immediate prior version.

**On page 2, beginning at line 5:**

The figure ~~[[ths]]~~ thus shows training apparel, in this case a pair of trousers 1, in which there are short legs 2. The general construction of the trousers can be more or less conventional, they have an outer fabric and inner lining in the usual manner. In the choice of material, it is best to favour a fabric or cloth that is stronger than usual, in order to ensure durability.

**On page 2, beginning at line 11**

The basic idea of the invention is that a piece 3 of relatively heavy material is ~~[[sown]]~~ sewn inside the trousers 1 or any other item of apparel normally used in training. In the case shown, there are two of the said heavy pieces, one on the outer side of each thigh.